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BEAUTY AND HEALTH

Edited by BERNARR MACFADDEN

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Chapter II.—**Conventional Teachings Prudish and Demoralizing.** The harm of prudish teaching. How prudes pollute young minds. Prudes usually profess religion. Their teachings, however, not in harmony with true religion. Wickedness of prurient lies about the body. Knowledge makes one purer, sweeter, nobler. Get it from uplifting books if mother has not taught it to you.

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Chapter IV.—**False Ideas of Modesty.** The difference between true and false modesty.

Chapter V.—**The Marvels of the Mysterious Instinct of Sex. No Excuse for Ignorance.**

Chapter VI.—**Acuteness of the Sex Instinct.**

Chapter VII.—**How the Power and Acuteness of the Sex Instinct Can be Developed.** A perfectly sexed woman. Sex not alone a question of body. General health first requisite for perfect sexuality.

Chapter VIII.—**Illustrated Anatomy of Organs of Sex.** Necessity of understanding the body. Of prime importance to health and happiness.

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Chapter X.—**Care of the Body During Menstruation.** Lack of rest and sleep and fresh air causes of nervous degeneration that brings pain. Overeating and constipation directly affect the uterus. How relief is obtained. Usual hunger a few days before menstruation. The nervous tension in women. How it differs from man. Hygiene during the period. The harm of patent medicines. How painless menstruation is secured.

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Chapter XII.—**Don't Think Every Man Who Smiles at You Is in Love With You.** How girls cut themselves off from attention. A man doesn't always want a sweetheart. Why a man won't go with a girl who misunderstands him. A man likes to be friendly without being mistaken for a lover.

Chapter XIII.—**Character Influenced By Your Attitude Toward the Opposite Sex.** The development of individuality. Formerly women were thought to have no soul. How men made slaves of women. The wedding ring the last link of chain left to typify woman's condition of servitude.

Chapter XV.—**Physical Qualities Men Like in a Girl. Magnetism Most Important.** The girls who receive admiration. What makes a good mother? Good bust. Breadth in pelvis necessary. Facial beauty indicates pure blood and general physical wholesomeness. Sweetness of disposition necessary to retain facial beauty.

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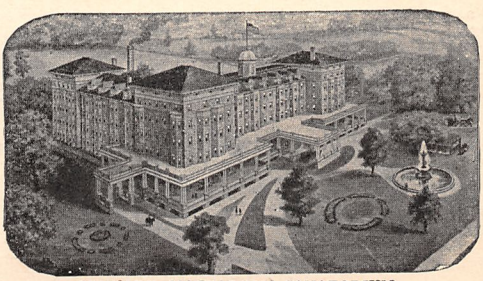

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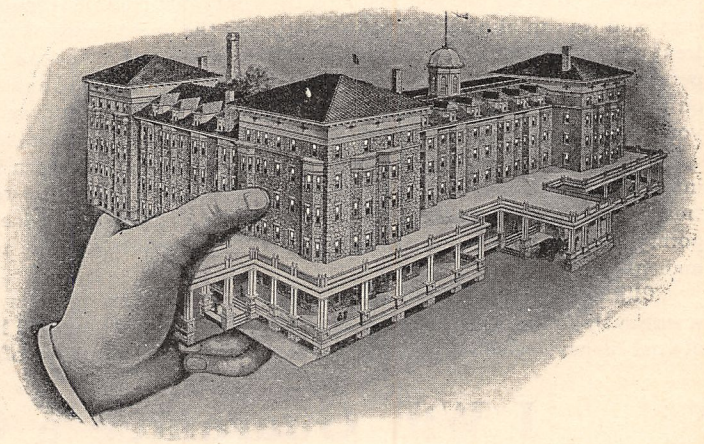

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Date.....

Name in full.....

Address in full.....

Age.....*Height*.....*Weight*.....

Single or married.....*Occupation*.....

Are you muscularly strong or weak?.....

How is your digestion?.....*Are your bowels regular?*.....

Name the disease from which suffering, if any?.....

Is your appelite good.....*Do you use tobacco or drink liquors?*.....

Do you sleep soundly?.....

Do you eat between meals?.....*How many meals do you eat per day?*.....

Of what does your first meal consist?.....

.....

.....

Second meal.....

.....

.....

Third meal.....

.....

.....

Do you eat slowly or fast?.....

What kind of exercise do you take.....

.....

Give any additional information that you may think of special importance on a separate sheet.

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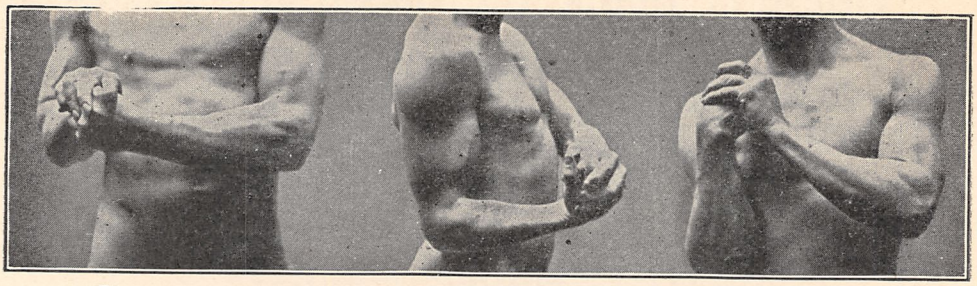

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A MAGAZINE FOR WOMEN

DEVOTED TO THE ACQUIREMENT OF

GRACEFUL, SYMMETRICAL OUTLINES
ATTRACTIVE, NATURAL CHARMS
SUPERB, ROBUST, CONSTITUTIONS

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Miss Louise Dresser, in "The Girl Behind the Counter"

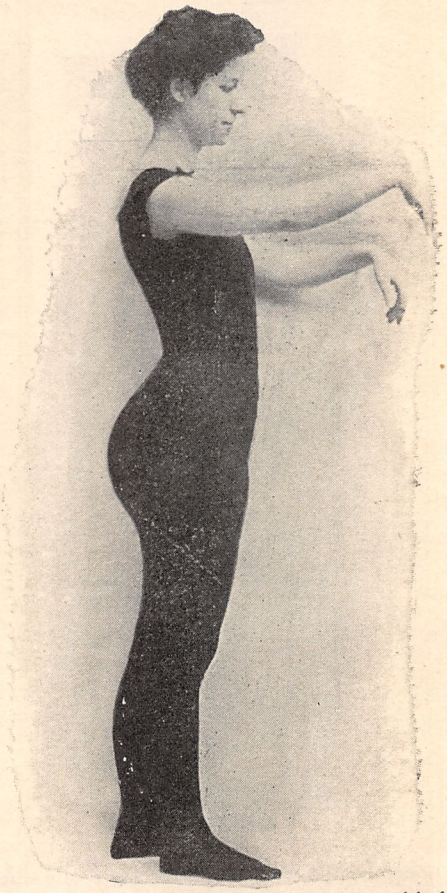
(*See Article on Page 176*)

Sleep-Inducing Exercises

By BERNARR MACFADDEN

OF all human complaints, sleeplessness is unquestionably one of the most distressing. Many diseases which are attended by pains and aches of a more or less severe character are not more to be dreaded than this nerve-racking, soul-torturing experience. When the unhappy sufferer rolls and tosses about for hours and hours, feverishly endeavoring to lose herself in slumber, it would seem that there can scarcely be anything more harrowing. Yet insomnia is one of the most common of modern complaints, and drug stores thrive and prosper by dealing out various powders and "dopes" which are alleged to relieve the victims of this malady. Unfortunately, the practice of taking a sleeping powder tends to defeat the very purpose for which it is intended, for when the sufferer once begins the use of potions of this character—all of which contain some poisonous and dangerous element—he or she gradually comes to depend upon them, while the nervous system becomes more and more deranged, and the original trouble grows continuously worse.

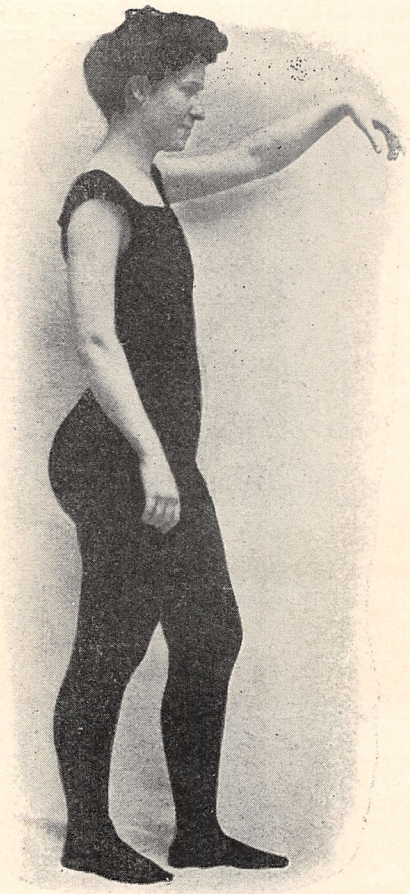
An occasional attack of sleeplessness might be due to any one of a vast number of causes, but the complaint in its chronic form is almost invariably due to a disordered state of the nerves. It is associated with the inability to relax. The occupation or daily experience of an individual is often one which involves more or less care, worry, mental strain and general nervous tension. Hence the inability to sleep, due in many cases, to the failure to free one's self from these conditions. The would-be sleeper finds himself or herself unable to "let go," as it were, and to secure that general relaxation of both mind and body which is essential for peaceful slumber. Indeed, the very essence of sleep is complete relaxation both of mind and of



Exercise No. 1.—Stand easily erect and hold the hands out in front of you easily, letting them drop or hang from the wrists in a relaxed condition, in the manner illustrated above. It is even better if the weight of the body rests easily on one foot up. Do not in any way attempt to brace up or assume what physical culturists call the "correct position" Simply let each part of the body feel as free and easy as possible. Now shake the hands, letting them dangle loosely from the wrists just as you might shake a handkerchief in the wind. You may be surprised at the refreshing and comforting sensation which this will bring you if the hands are properly relaxed. Repeat a number of times, pausing to rest as soon as the arms show any fatigue from being held up or extended in this manner.

body, and in so far as this relaxation is incomplete, one's sleep is disturbed by dreams or so-called nightmares, perhaps, and other phenomena of a similar nature.

It is true that in a great many cases, the inability to sleep at the time at which one retires, is the outcome of the fact that the person concerned is not in need of sleep as a means of restoring wasted tissues and the depleted nerves of the body, for the reason that he or she is not physically fatigued. In a great many cases, a simple effort to take such exercises as will bring about a normal state of bodily fatigue, will be sufficient to induce sweet forgetfulness in sound sleep. For those who live a more or less stagnant life, and who fail to obtain the proper amount of physical activity throughout the day, this solution of the problem is offered as representing perhaps all the treatment that will be necessary.



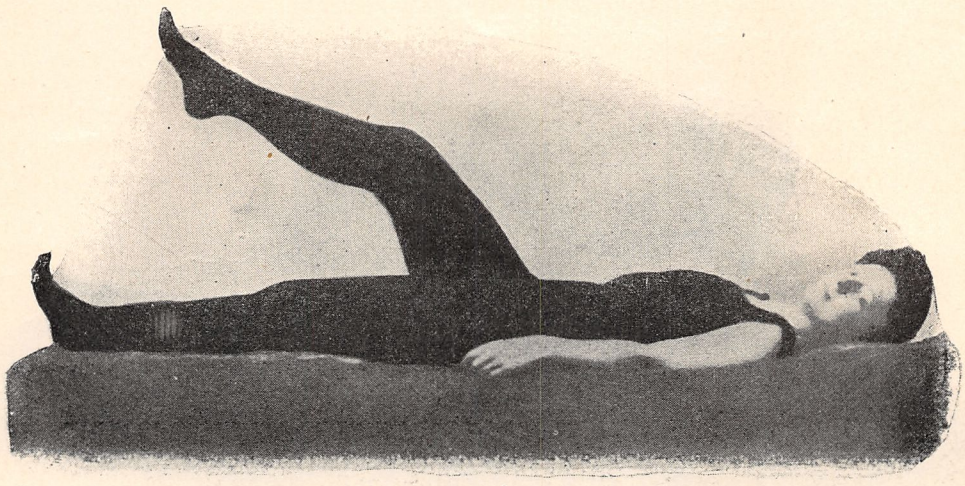
Exercise No. 2.—Stand resting easily upon one leg, with one arm hanging easily at one side. Then raise and extend the other arm in front of you somewhat above the level of the shoulder. It will naturally require some slight muscular effort and contraction to raise the arm, but when it has reached this position, suddenly relax all the muscles involved, and let the arm fall and swing back and forth of its own accord, at the side, until it reaches a stationary position; whereupon repeat. After performing this movement a number of times, do the same exercise with the other arm. Remember that it is important that the arm become absolutely limp and lifeless, so that you do not control it in the least. It should swing at your side as would any inanimate object suspended by a string.

As suggested, however, in a number of cases the chief difficulty lies in the state of nervous tension which has been referred to. This is often associated with a disposition to worry. All of this not only deprives a person of the natural benefits of sleep, in restoring the normal wastes of energy and tissue, but involves the additional loss of energy which can scarcely be recovered. In addition to the inevitable consumption of strength and tissue through the day, the waste of energy is continued through the night, and probably many individuals have in this way squandered sufficient force in the form of nerve energy and vitality, to move a railroad train across the continent.

It is perhaps too much to expect that any one hygienic reform or natural remedy would be sufficient to bring about a radical cure in a complaint of this kind. I would therefore suggest for those who are afflicted in this way. that they adopt other possible reforms in their modes and habits of life that will tend to improve the general health and bring about a more satisfactory degree of nervous strength and general constitutional vigor. Unsatisfactory dietetic habits, experiences of an exceptionally exciting kind, such as many games of chance, unwholesome recreations, and sometimes through the use of stimulating drinks, narcotics or drugs of any character, general sedentary habits, and in fact, all other conditions and influences which tend to debilitate one and upset the nervous system,

should be avoided. The proper use of intelligence in respect to all these things will be invaluable and essential, if one desires a satisfactory improvement.

But apart from all these and in addition to them, I am suggesting herewith, some exercises which, if taken just before retiring, will be invaluable as a means of inducing sound and refreshing sleep. They consist of simple relaxing movements, by the practice of which, one will gradually learn to relax the various parts of the body, and in fact the entire body, in such a way that sleep may be easily brought about. Some of these



Exercise No. 3.—Lying easily upon the back, on your couch or bed, raise one leg to an angle of forty-five degrees, or perhaps even higher, in the manner illustrated above. Then suddenly relax all the muscles involved, and let the leg fall absolutely without constraint upon the couch. If the couch or bed is possessed of good springs, and you relax completely, the limb will probably rebound slightly. Repeat a number of times, and then perform the same movement with the other leg. It is important that you relax not only the muscles of the leg concerned, but the entire body as well, in order to get perfect results.

movements are not new, and they do not constitute all that may be suggested along this line. In fact, when once the reader gets an idea of relaxation by these movements, he or she can readily invent or devise a large variety of other movements of a similar character, intended to bring about the same results. It will be noted that not only do these movements bring about a relaxation of the muscles concerned, but they necessarily involve reilef from the state of nervous tension to which I have alluded. The reader will find it quite impossible to relax the muscles properly without relaxing the nerves at the same time, if one may be allowed to use such an expression. It is true also, that the mind as well as the body is involved in the inability to sleep, but these move ments by their very nature will have a most desirable mental influence. Indeed, apart from the value of these movements, for the purpose of inducing sleep, they may be generally recommended for those who are inclined to worry.

Worry is in many cases, simply an expression of the abnormal state of the nerves. It frequently happens that the individual is perfectly conscious of this fact, and realizes thoroughly that there is no actual reason for the alarming state of nervous tension and mental anxiety which they experience. She may reason with herself and determine quite logically that her disposition to worry about a certain matter is entirely unnecessary and incapable of accomplishing any good, but rather actual physical harm, and yet at the same time, she may be so helplessly the victim of her nervous condition that she cannot avoid worrying. In all cases of this kind, the practice of special relaxing movements at any time of the day can be recommended, as a

means of restoring mental equilibrium and general harmony of mind and body. It will likewise be apparent to even those who are not afflicted with sleeplessness, and who are not usually subject to the distress of habitual worriment, that the ability to relax is of great importance. If one has acquired the power to do this voluntarily, it will be of the greatest assistance in the event of excitement to which one may be exposed unexpectedly at almost any time. It is not necessary to sleep in order to secure favorable rest, and if one has a few moments of leisure at any time during a busy day, the power to utterly relax will be invaluable as a means of securing the degree of recuperation which would be impossible, except through this same capacity to "let go" completely.

Have you ever noted the fact that when one has passed through a severely trying period of excitement or grief during which one has kept up one's composure in spite of distressing environments, the most remarkable relief is afforded by what is often called a "good cry." In fact, under conditions of this kind, it would be wise in many cases to give up as quickly and as easily as possible to the inclination to weep, and have it over with. The fact that one feels very much better after a thorough cry of this kind, is due simply to the fact that complete relaxation takes place when crying. It is the outlet for the tense and strained condition of the nerves, and the relief is inevitable. It is indeed a saving device upon the part of Nature, under such circumstances.

In addition to the movements which I am illustrating herewith, I would suggest that you practice relaxing completely when sitting down in a chair, and also relaxing various parts of the body at a time. For instance, in relaxing the muscles of the shoulders, neck and head, the head will naturally drop forward and hang in a drooping manner over the chest, or over one shoulder. While standing on one leg, you might raise the other in front of you, then relax it, and let it drop and swing loosely and lifelessly. A capital relaxing exercise would be the imitation of an intoxicated person, which probably most of my readers would prefer to do in utter solitude. The drooping atti-

Exercise No. 4.—Lying again upon the couch, raise the upper body to an angle of thirty or forty degrees, extending the arms in the manner illustrated above. Suddenly relax and let the shoulders, head and arms fall back loosely and lifelessly upon the couch or bed. It is understood, of course, that good springs in the couch are necessary for comfort in this exercise, but it will be found very delightful and resting if properly done. Repeat as many times as desired. The most absolute abandonment is necessary throughout the entire body, for the best results.

tude and debilitated carriage of a drunken man are due, not only to his lack of mental control, but also to the partially relaxed condition of the muscles of the body. The more complete this relaxation, the worse the appearance of the man. If you will stand erect and then relax as many of your muscles as possible without falling actually to the floor, and endeavor to walk, you will find yourself approximating very closely the attitude and gait of him, who has been drinking "not wisely, but too well."

In addition to the suggestions given above, I would advise the practice of long walks in the open air during the day, as a means of building increased vitality, improved functional powers, and consequently an improved condition of the nervous system, also helping to bring about that natural and desirable fatigue of the body as a whole, that is essential for proper and peaceful rest at night. I also would suggest the very free practice of deep breathing exercises both during the walks mentioned, and as a special measure to be practiced before retiring, immediately preceeding the relaxing movements illustrated.

I wish to call attention to the influence of air coming in direct contact with the skin, as having a powerfully soothing effect upon the body as a whole, and the nervous system in particular.

It sometimes happens that in spite of all these things, the sufferer has difficulty in securing the much needed repose; in such a case, it is sometimes of assistance to drink perhaps a cup of warm water, or even of warm milk, the latter to be warmed but not boiled, as a means of bringing the blood to the stomach and away from the more or less congested brain. The practice of eating foods of any kind on retiring, is to be generally condemned, though the half cupful of milk mentioned above, will not be sufficient to present any difficulties in the way of digestion.

It might be of advantage also, especially for those who sometimes suffer from cold hands and feet, to make some warm application to the feet, and perhaps cool applications to the forehead, though the latter is almost never necessary, and seldom advisable. If one will follow out these various suggestions, in connection with the exercises described here, and also adopt the suggestions given above in regard to the care of the general health, the difficulty of insomnia will be very quickly solved in nearly every case.

A TEACHER'S MENU

By F. H. Spinney

Having derived much marked benefit from following the teachings of your magazines regarding the two-meal-a-day plan, I resolved to test the effects of an exclusive raw diet. After making experiments in different menus, and at different hours of the day, I found the following the most satisfactory:

Breakfast 7.45 to 8.30.

Egg, beaten up raw with half teaspoonful sugar, cheese, one ounce; dates eight ounces, with a tablespoonful of olive oil, one orange.

Dinner 4 to 5.30.

Egg, raw as above; nuts three ounces; dates eight ounces with olive oil; figs three ounces; prunes or apples.

The result of the experiment has been highly beneficial. Although the weather during January and February was exclusively cold—the thermometer here remaining below zero for days at a time—I did not feel the cold as much as during previous winters, on a cooked diet, including meat.

I found the above hours the most convenient for my vocation, as my noon allowance of time was not sufficient to admit of thorough mastication. My weight has remained unchanged, although, in addition to my work as teacher, I am taking a college course by home study, tutoring five evenings in the week, and exercising one hour a day. I have no desire to return to a cooked diet, with its usual accompaniments of "liver pills" and "headache powders."

Money-Making Occupations for Women of the Home

No. 4.—SHEET-METAL WORK

NE of the most satisfactory of the amateur art crafts, is that which is known as sheet-metal work. This, for the reason, that the results are striking, salable and lasting. More than that, they are as artistic as they are useful, and the materials used are inexpensive. Thus, the finished product is commercially, as well as artistically, valuable. The art furnishes yet another illustration of the fact that skillful hands allied to brains trained to a sense of the beautiful, can give a high value to material which is otherwise of an almost worthless nature. In this connection, the story of the artist who saw in the block of marble the figure of his dreams, is recalled to us. As the legend goes, he chipped away the superfluous stone thereby releasing his ideal. The marble block in itself was comparatively worthless, but when it was transformed, or rather when it released the dream of beauty conceived by the artist, it became priceless. And something of the kind happens in kind, if not in degree, when the patient student proceeds to work in brass, copper, or what not on those lines that are to be briefly described in these articles.

It is interesting to note that many women who have taken up sheet-metal work as a sort of side occupation, have developed such skill in it that they have finally become finished artisans. Which is the same as saying that they have found no difficulty in getting rid of the product of their labors in return for a satisfactory price. While it must be remembered that all art, to be of value, must be the outcome of the skill and enthusiasm and sincerity of the artist, yet these qualities will not be lessened if, during the work, it is felt that at its termination, a ready market awaits it. It is all very well to talk about genius laboring under difficulties and it is inspiring to consider that some of the best work of studios and galleries has been that which came into being amid poverty and privation. But there is no reason in the world that the artist is not worthy of her hire. And fortunately for those who have art instincts and a slender purse, there is a growing recognition on the part of the moneyed public of the value of art-craftsmen and craftswomen in that they add materially to the usefulness and beauty of a world which is not overstocked with those attributes.

There are two phases of sheet-metal work, the first of which is that which produces results of much artistic merit and which are within the reach of any intelligent amateur, and the second, the advanced processes that are only suitable to those who propose to make a life labor of the craft. The former gives birth to a number of useful and beautiful articles, such as can be found in most well appointed homes, while the latter is given over to what is known as heavy-forming, delicate embossing, chasing and hammering. It need hardly be added that for the simplest work, the outfit is within the reach of the great majority, while for the other class an expensive quantity of tools are required. Consequently, we shall only have to do with the low-price equipment and the work of which it is capable.

Sheet-metal work, even of the type of which we shall treat, necessitates the expenditure of a few more dollars than some of the other occupations on which we have, or propose to touch. Thus, while not absolutely necessary, it is desirable that you have a regular work bench, such as is sold to manual training schools and which can be obtained from any large dealer in tools, etc. The

price of this bench, when equipped with a wooden vise, will be about six dollars, and you will also want the following tools, the list of which has been prepared from a work published by Mr. Frank G. Sanford. It will be noted that the approximate prices of the tools, etc., is given:

Small pair of metal shears, 30 cents.

Small rivet set, 30 cents.

Three small punches, the head of one of which is round, another square, another triangular, 45 cents.

Ball-peen hammer, medium size, 40 cents.

Hardwood mallet, length of head 6″, one end of which is ground to a globular shape, 25 cents.

Medium wood rasp, 15 cents.

Medium half-round file, 15 cents.

Rat-tail file, 20 cents

Flat pliers, 20 cents.

Round pliers, 20 cents.

Several sheets of fine emery paper, 5 cents.

Hardwood block, oak or hickory, the surfaces of which are squared to 12″ by 4″ by 3″.

Soft-wood block which must be free from knots, surfaces squared to 9″ by 12″ by 2″.

Soft sheet copper, gauge 21, per pound, 23 cents.

Soft sheet brass, gauge 24, per pound, 20 cents.

Small block of metal 3″ by 4″ by 1″, to be used for riveting.

Small soft copper rivets, per pound, 40 cents.

Some books of instruction will tell you to make your own punches from large wire nails and give you directions for so doing. We think this to be a mistake, however. In the first place, such home-made punches rapidly lose their temper and it is difficult to get a "true" punching surface on them. The better plan is to expend a few more pennies and obtain the punches already made as per the foregoing list.

As already intimated, sheet-metal work includes all sorts and descriptions of utensils, useful and ornamental, such as trays, sconces, which include a holder or holders for candles together with a reflector, brass lamp shades, brass candle shades, lanterns, letter boxes, copper bowls, clasps and plates for chests, plaques of all kinds, decorations for the backs of settes, chairs or hall couches, window pieces, guest inscriptions, etc. The ingenuity of the worker may be trusted to invent articles not spoken of in the foregoing list.

As in all other of the home arts, sheet-metal work calls for a foundation of thoroughness, some amount of perseverance and the skill which comes with experimenting. It should be said right here, however, that this trio are sure to come to her who is willing to try for them. And that while the art, like everything else worth the having, necessitates a certain amount of labor and patience, yet it is by no means difficult of acquirement. Indeed, anyone of ordinary intelligence can learn it, providing always, that the qualities just alluded to are exercised.

But as said, a thorough understanding of the essentials of the art is necessary, and these can be best obtained by a careful consideration of the rules and principles which apply to the construction of the simple articles, such as a small copper tray. Let us consider the making of this tray. then and carefully note the constituents thereof.

Apart from the design, the making of such a utensil constitutes a simple problem of hammering and bending. And this is the way that we go to work to encompass our desires. First of all, you take a sheet of stout paper, six inches one way, by five inches the other. It is best to use a "T" square, triangles and drawing board, if you have them, for this purpose. But if you haven't, use a foot measure, being very careful to get your lines true. Now on this paper, draw another square five and three-quarter inches long by five inches across. Within this square draw yet another square separated from the first by a distance of one-quarter of an inch. Now halve this double square long ways and in the left hand side, draw a pattern of a simple sort, remembering to keep a clear, single clean line in so doing. The word "line" in this connection is used to intimate the outline of this pattern. And always remember that the distinction between the line of an artist and the line of the designer is, that the

latter must be clear and if possible, continuous, while that of the former is free and sketchy. The reason for this should occur to you right away, it being that the work of the two artists are of a totally distinct nature, and therefore requires a different treatment.

After you have drawn your half pattern in the way told, fold the paper right over long ways and rub vigorously with the back of a knife. This will result in the half pattern being transferred to the heretofore empty space, making the completed design. Now get your metal ready. Cut a piece of sheet copper, of the gauge given, to exactly six by seven inches. In cutting it with your shears, it is well to remember that you should hold the metal close to the joint of the former for by so doing you will not only get a smoother cut, but the act of cutting itself will prove much easier. After cutting, it will probably be necessary to smooth the metal and in order to do this you lay it upon the hardwood block, striking it squarely with another block. Next, round half the corners slightly with the shears and draw a heavy heavy pencil line one-half inch from the edge upon all sides. In the middle of the border line just formed, you punch holes, one at each corner, three in the sides and two at the end. Now take the metal and through the medium of the holes, secure it firmly to the soft-wood block. Place it in about the center of the block and start the screws into their holes with the hammer. It is best to begin with this screwing process through the middle holes on the side rather than those on the end, the reason being that by so doing, you get the piece of metal perfectly flat. In fact it is absolutely necessary that as you put each screw in, you see that the metal lies perfectly flat between such screw and the next hole. There will be a margin of paper protruding from beneath the holes and through that portion which comes out from one of the long ends, put thumb tacks, leaving three edges of the paper loose. Now place the pattern over the metal with the carbon side down and keep it in position by means of the thumb tacks and flap spoken of. Rub hard on the pattern and it will be found that you have transferred it to the metal, to a very great extent. As an additional precaution, however, it is best to scratch in the lines of the pattern, so that the passage of the hand over the latter will not erase them.

The design is made by stamping the background of the metal by means of one of the punches spoken of. This process raises the design in a sort of emboss or *repousse* as it is technically known. In a strict sense, *repousse* is brought about by beating up from the back With the professional metal-workers in a thoroughly equipped shop, this is done by laying the metal upon a bed of soft pitch and beating downwards. But if you follow the instructions given, you will get a low relief and an interesting contrast of "texture" by using the soft pine for a bed and beating with the aid of the punches around the pattern as told. You will find that you will require the three punches for the work in question. That is to say, one which ends in a circular flat beating point, one which is comparatively sharp and one which is flat, something like a chisel, the cutting edge of this last being somewhat thick like the blade of a screw-driver. It may be said right here that your using the punches tends to take the "temper" out of them, and in order to replace this "temper," you may either heat the tool to a red heat and then plunge it into cold water, or you may send it to the nearest blacksmith, or hardware store where the hardening will be done for a few cents. There is also another punch which is sometimes used, which ends squarely instead of in a round fashion. The results are the same, only the indentation made by the last named punch, is of course, different in shape.

We will presume that you have elected to use the round ended punch. Now hold this punch by the left hand in a vertical position and strike the head of it squarely with the hammer held in the right hand, taking care not to punch too deeply or through the metal and to keep the stamping of an even depth throughout. Beat or punch round the design and it will not be long before the latter will "round up" smoothly and present a pleasing and

effective contrast to the roughened background. It is well to remember that small articles require small punch indentations, while the larger designs designs call for a bigger tool. However, you are beginning in a modest way with your little tray, and hence the small tools will amply serve your purpose.

When you have thus brought out the design, it will perhaps be found necessary to "sharpen" the lines of the same with the assistance of the fine or square pointed punch. This must be done sparingly, however, and only after everything possible has been accomplished with the first tool. Again let us warn you, against the danger of *cutting through the metal.*

The next step is to remove the metal from the block and to carefully trim off its rim which contains the screw holes. This of course is done with the shears. Now upon the back, draw a border line three-quarters of an inch from the edge, and place the hardwood block in the vise in such a position that this three-quarter inch line shall come just over the angle of the block, so that the embossed or raised side will be next to the wood. Then, with the round edge of the mallet, beat the center of the side of the metal over the edge of the block. It should be said here, that with the exception of the punches, you should never strike metal with metal or upon metal when it can be avoided. If you do, the metal sheet becomes hard, and in some cases, brittle. This explains the use of the wooden mallet upon a wooden block, by which means you keep your metal sheet soft and pliable, whereas, if you use a hammer, you will rapidly stiffen the metal and finally make it unuseable.

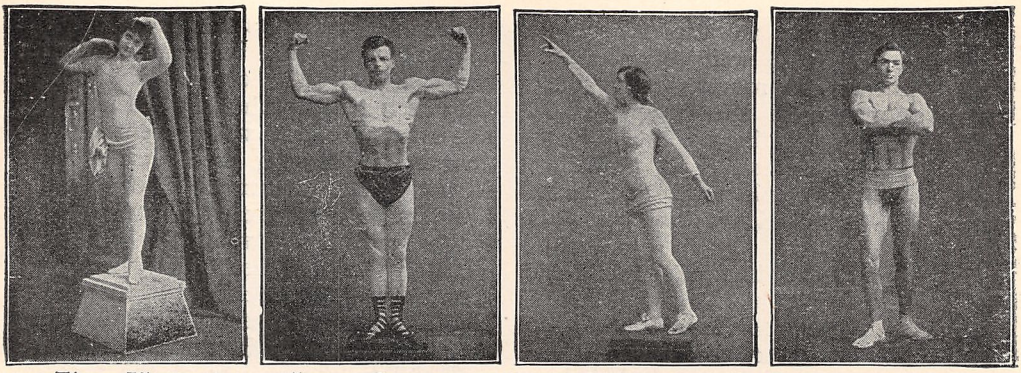
After each side has been beaten down in the middle in the way told, work up the corners of the tray, first from the one side and then from the other, which may be done with the round edge of a mallet. If the edges of the tray are rough, file them smooth with the half-round file, using its flat sides for the convex curves and its round side for the concave. The corners themselves may be reached with a rat-tail file. At this stage, the tray will present the appearance of having an upturned edge with oval-shaped corners. But to make it still more ornamental in outline, hold it on your block with the upturned edges inward and beat gently with the rounded edge of the mallet in the center of these same edges. This will cause an outward curve in the latter which will add to the beauty of the finished work. Presuming that all this has brought about a warping of the center of the tray, place it upon the square end of the block of wood and tap it gently with the mallet, again using the rounded end of the latter. Hold the mallet near its head, by which means a light blow is attained. If you hold it near the end of the handle a heavy blow will be the result. To remember this is a point in metal work which will prove very valuable. Tapping with the mallet in the way told will not obliterate the design.

There are several ways of cleaning or even coloring copper which are sometimes used by sheet-metal artisans, but these belong to the advanced stages of the work and need hardly be touched upon here. It may be said, however, that if the copper is slowly heated over a flame, the color effects that result are very beautiful.

At some future time, we may say something about advanced metal work, but as a preliminary, we advise the student to try the tray. By so doing, facility in handling tools and metal will be obtained, and the result will be so encouraging that we feel sure that other work will follow.

It may be added that sheet-metal work of the type in question, always finds a ready sale, that is, if it is done with care and a certain amount of artistic talent is used. This is one of the several reasons that recommend it to the amateur.

Health is not lost by accident, nor can it be repurchased at the drug store. It is lost by physiological sins, and can be regained only by sinning no more. Disease is Nature's protest against a gross violation of her laws.—Dr. Felix Oswald.



These Illustrations will give Contestants Ideas of Poses and Costumes Suitable for Photographing for Entry in Contest

Grand Prize Competition for Most Perfect Men, Women and Children

THE writer would impress upon those women readers of BEAUTY AND HEALTH who are desirous of entering the Grand Prize Competition for the most perfectly formed of their sex (several notices of which appeared in this publication and in the *Physical Culture* magazine) the necessity of forwarding their photographs and measurements as soon as possible. The reason of this request is, that while we have a goodly number of women who have already responded in the manner told, yet they are relatively in small proportion as compared with the male competitors.

We must say, however, that those photographs received up to date are of a very satisfactory nature and fully vouch for the sound physique of the physical culture woman of to-day. As we have already averred, this competition, judging from what has been seen of the contestants through the medium of their pictures, will not only be gratifying to our readers, but is particularly so, to us personally. This, for the reason, that the contest has proven that physical culture is evolving a race of women who are especially suited to fulfill those offices which Nature has designed for them, the allusion being more particularly to wifehood and motherhood. The young man who is contemplating taking unto himself a wife, will rarely go wrong if he observes that the girl of his choice has those indications of her fitness for the functions just alluded to. A good chest and bust, a well developed pelvic region, and an appearance of health in general, are guarantees of a happy marriage, provided, that they are allied to those mental qualities which are necessary both in the woman and the man. For the first of these reasons then, the physical culture competition is of value in that it will prove just what its possibilities are in regard to matrimony.

And we venture to think that the prospective Benedict who has once looked upon a well formed physical culture girl, will hardly regard with favor the anæmic, flat-chested, hipless specimens of femininity that are too frequently found in private life. It would be reducing love to a very low level indeed to declare that it is based on the physical side of our natures. But it must be remembered that wedded life, rarely lasts unless there is a basis of health and physical adaptability in

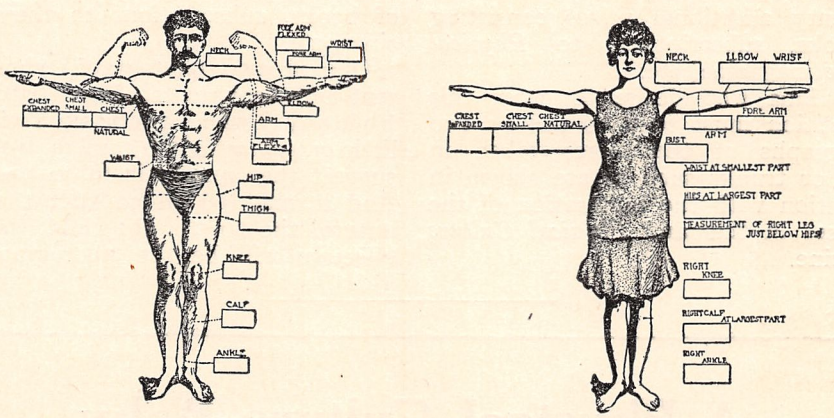
the case of both parties to the union. For this reason then, if for no other, young women should look to it that they observe those physical culture rules of life which not only fit them for matrimony, but enable them to become contestants in the competition under consideration.

In spite of the fact that we have laid stress upon the necessity of all the contestants sending their photographs, we are sorry to note that this rule has in some cases, been overlooked. Now, we wish to say right here, that no photographs will be published without the express permission of their originals, that the pictures will only be examined by the Committee of Selection, among whom are women, and that if necessary,

Twenty additional prizes consisting of valuable works on physical culture, yearly subscriptions to the *Physical Culture* magazine, etc.

A prize of one hundred dollars in gold for the most perfectly formed woman.

This competition is open to women of all ages. Two photographs, together with measurements—directions for the taking of which will be given later—must accompany every application for entrance in the contest. Each competitor can pose in whatever position she considers is most advantageous for displaying her figure and she may also wear whatever costume that she chooses to the same end. It need hardly be added that "beauty unadorned is



These Drawings Show Measurements which Should be Supplied by all Competitors with their Photographs

we will use a *nom de plume* for contestants in place of the actual names. This, so we think, will dispose of all scruples on the part of would-be competitors. We would repeat, however, that in the event of a prize being awarded we expect that the original will agree to have her measurements verified by a local physician. This arrangement is intended to protect the interests of other competitors and is, so we think, of an obviously fair nature.

We give herewith a recapitulation of the prizes, laying stress on those which we think will interest the readers of this publication.

A prize of one hundred dollars in gold for the most perfectly formed man.

adorned the most," as the poet says, or in other words, that the costume should be such as will enable the Committee of Selection to judge of the competitor's "points" as readily as possible. However, we leave the question of costume to the individual taste of every woman competitor, and hence she may do as she desires. We must once more repeat, however, that prize winners must agree to allow a reputable physician in their own locality to verify the measurements that are sent to us. The photographs submitted must be those of the entire figure. While we prefer that such photographs show in detail the contour of the form, yet this is not insisted upon. The costume which we recommend is

a two-piece underwear suit, such as was used by the women competitors in the last exhibition, whose photographs appear herewith. The costume should be dark in color. Also please note that this suit should be very close-fitting, with no wrinkles to interfere with the outline of the figure. When assuming the costume, do so as follows: Put on the drawers first, then pull the stockings over them; now put on the vest or shirt, pull it down tightly and fasten the center of the lower edges of the front and back of the garment. If you do this, you will have the self-same neat appearance as have the winners of former contests who are pictured in connection with this announcement.

A prize of a gold medal for the best formed boy under fourteen years of age.

Twenty additional prizes consisting of books, subscriptions to *Physical Culture* magazine, etc.

The lads who desire to enter this competition must send us one or two photographs of themselves taken in tights or trunks such as are shown in connection with the illustration of the exercises in this and *Physical Culture* magazine.

Measurements of the body must be carefully taken and written plainly on the entrance blank.

A prize of a gold medal for the most perfectly formed girl under twelve years of age.

Twenty additional prizes consisting of physical culture books, subscriptions, etc.

Two photographs of the contestant should accompany every entry-application. There is no rule as to the costume in this instance, but photographs taken in tights with small trunks over them are to be preferred, although those in ordinary dress can be submitted if the tights are not available.

A prize of a gold medal to the parents of the most perfectly formed baby.

Twenty additional prizes consisting of books, subscriptions to the magazines, etc.

One or two photographs should be sent by the parents of the baby, and while any costume can be worn when the little one is facing the camera, we would suggest that nudity is to be preferred. And it may be added that the more natural the pose of the child, the more effective will be the photograph.

A Physical Culture Baby

ON the opposite page are given a trio of pictures of a typical physical culture youngster, which is the same as saying that the little fellow is good-tempered, sturdy, healthy and gives promises of blossoming into a useful and noble man. Yonkers is the home of this baby, for such he is, having been born in May of last year. At the time that the pictures were taken, he was just seven months of age, and we venture to think that those who make his acquaintance through the medium of this page of the magazine will, if they are not thus already blessed, be envious of those parents who are responsible for his being.

Those who have the privilege of knowing physical culture babies, need hardly be told how this one eats and sleeps and behaves in general. To those who are not thus versed, however, it may be said that the food is of Nature's own furnishing, and that the mother is fully qualified to supply the needs of her offspring. And as, through the medium of her physical culture life, she is healthy and wise, it follows that the little boy feeds regularly and is thoroughly satisfied when he does so. As to his sleeping, he goes to his bed and drops off into slumber forthwith. The proverbial "top" simply isn't in it with him, when he closes his eyes and wan-

ders off into Dreamland. His sound and refreshing slumbers are the outcome of the fact that while his coverings are sufficient to keep him warm, yet they are not so many as to suffocate him, while at the same time, he is given an abundance of fresh, pure air by day and night.

During the daytime, he exercises, as babies of his type do, and furthermore, his parents encourage him in miniature physical culture movements which are appropriate to his age. How all this results, is best told by the pictures. If you will notice the contour of the limbs, the wholesome, firm flesh on the body and the happy expression of the litt'e one, you will confess that physical culture has been vindicated through the body of this dear child.

Because of our artificial conditions of life, we are accustomed to remark that proper food, fresh air and exercise "work wonders." As a matter of fact, they do not work "wonders," but the result of their work as shown in the instance of this child, is but a proof of the fact that Nature intended health where there is sickness, gladness where where one usually finds unhappiness, and perfection where one invariably sees imperfection. In this connection, this little child furnishes an educational lesson of the highest value.

Physical Culture an Essential in the Life of an Actress

By LOUISE DRESSER

HE importance of physical culture as an equipment for the stage cannot be overestimated. Physical culture in its broadest sense means, or should, self-culture. The man or woman who cultivates his or her best talents or energies is giving both to the world and himself or herself doubly. Culture of every sort is avaluable adjunct to the aspirant for domestic honors. Manners, while hearty, must be good. Taste, while discriminating, need not be finicky. Enthusiasm, while absolutely necessary, must be perfectly under command.

Physical culture gives control of mental and muscular tissue, letting out here, rebuilding there. Undeveloped muscle is as imperfect as the body without a soul would be. Nature creates perfect entities. Man abuses or develops his possibilities.

Having made a selection of the stage for my life's work, I studied singing and dancing. In both, I learned breath-control—as well as the other essential, breath-economy. From the time, a dancing teacher admonishes: "Close your lips, breathe through your nostrils," the pupil has begun physical culture, it may be only unconsciously. Again, when the singing teacher cries out: "Open your throat, hold up your head, direct the tone forward," physical culture has commenced. Concentrating the mind, controlling the muscles, give mental and physical poise. To the actor or actress this is most essential. How else should we face audiences; congregations of strangers, unsympathetic, carelessly critical? How else with physical pain or heartbreaks could we sing, or dance, or even remember lines and conduct ourselves as automatons? Physical culture, self-control, are synonymous.

The best actress I ever saw, had never gazed upon the stage door of a theater to know it as such. She lived the life of a seemingly happy woman because to have disclosed her heartaches would have killed an invalid mother. She breathed deeply, lived deeply.

Women require oxygen in larger quantities than men, it seems to me, owing to their corseted condition. Therefore, physical culture should appeal to my sex strongly. The idea that someone else can take off by massage the flesh one puts on by improper living, seems the lazy, ready-money way of doing one's work. Why allow such a condition to grow past ordinary limits? Why not begin with the simple exercises physical culture provides, the diet that all science agrees is best in that case, and so help one's self? There is is an adage about the Lord helping those who help themselves and it must hold good in adipose accumulation as in the financial world, to which it supposedly was addressed. Women lose courage at the approach of old age and resort to the rouge pot, hair dye, massage and enamel. Physical culture, if honestly practised, would remove the fear. Why should womankind seek any other fountain of youth than that which lies within her grasp—physical culture?

OUR COVER THIS MONTH

Miss Blanche Ring, whose picture appears on the cover page of this issue, is so well known to the theater-going American public that to introduce her, would be superfluous. Suffice it to say, that she has a charming personality, is a clever comedienne, and gifted with a singing voice of a somewhat exceptional nature. Miss Ring has been seen in some of the leading productions of New York and we trust that metropolitan and provincial audiences may for long, be privileged to witness those efforts of hers to entertain, which have been so enjoyable and entirely successful in the past.

The Queen's Secret of Youth is an Observance of Physical Culture

ESPITE the facts that Queen Alexandra of England has celebrated her sixty-third birthday and that she has nine grandchildren, she still retains her youthful beauty. How she contrives to keep Time at bay is what the feminine contingent always asks, whether it be in London or Paris, Naples or Athens. Her case is the more surprising for the reason that Court life is a foe to good looks. Royal ladies, as a rule, fade so quickly that ten years of their life has about the same effect on a woman's beauty as two years at the washtub.

Since her elevation from the Court of Denmark to that of England, Alexandra has seen numberless rivals in beauty forced by premature loss of loveliness to resign their claim. The Empresses of France and Austria were her contemporaries and their radiance and cameo-like perfection of feature all but threw her into the shade. To-day, a forlorn old woman, Eugenie lives in retirement with not a vestige of her rare coloring and delicate contour left. On the day on which poor Elizabeth of Austria walked down the quay at Geneva to the spot where the assassin waited for her, dagger in hand, no human being would have dreamed that she had once been the wonder and admiration of cheering crowds, as Alexandra remains to this hour.

In the last decade, a dozen young women have come to thrones and never been able to challenge Alexandra's right to supremacy. In one way or another their court careers have reduced them finally to a bony or an obese commonplaceness.

Even that paragon of physical perfection the Empress of Russia, has withered under the stress of maternal duties and the fears she endures every day. The anxieties she has been called upon to bear, allied to the cruel strain of Russian court ceremonies, have aged and hardened her face till it resembles a tragic mask. High living and too little exercise have played the mischief with the Queen of Holland's charms, as they have sent Marguerite the Queen Mother of Italy, into retirement.

But, as the years roll on, Alexandra keeps her figure and her freshness, her grace of movement, her smooth cheek, her round throat and full bright eyes, says the New York *Sun*, and at three score and ten she drives out with her husband looking very much like an eldest daughter instead of a wife but eighteen months his junior.

And perhaps in a dozen years more, the Queen of England will visibly change little, for the very excellent reason that having the blessing of good health and a sense of the value of her looks she does everything in her power to protect herself from the ravages of time. Since she came to London a bride she has guarded her physical endowments with an intelligence that has had its reward. Perhaps no woman in the world, studies more faithfully and observes more self-sacrificingly than she, the rules for beauty's preservation. No one, for example, in or about the Court has ever seen the Queen lose her temper. Undoubtedly, being the daughter of a pretty strenuous mother, old Queen Louise of Denmark, who ruled her household for more than fifty years with a rod of iron, she has a temper to display if she wishes to give it vent, but an ex-maid of honor to the Queen insists that her royal mistress believes that nothing is more disfiguring than an outburst of anger. Then, too, from her youth up, she has at the first hint of indisposition taken to her bed and called in her masseuse. No matter how slight her sense of physical discomfort may be, the Queen adopts this first precaution, for her conviction is that fatigue

brings wrinkles which prompt rest and massage can prevent. Accordingly, she always regards a tired feeling or a touch of neuralgia, as an ample excuse for spending half a day in seclusion. No mere lying down in a fluffy negligee with a novel and a box of bonbons suffices. She regularly goes to bed in a room to which no sounds are allowed to penetrate, and where she can enjoy an abundance of fresh air. There for hours, she will lie relaxed with her old Danish maid at the door to preserve her from intrusion.

For a full hour, both before and after a court ceremony, the Queen lies down and is rubbed, and she usually goes to open parliament, or receives at a drawing room or lay a cornerstone, under the stimulating influence of a special meal. This consists of a glass of warm milk, and some biscuits that are made for her by a London firm. After any ceremony that has required undue effort on her part, she has a second slight meal. Years ago, when she first came over to England, it required all her native tact and mildly firm insistence, to establish her rules of rest and diet. In those days, her able but undoubtedly domineering mother-in-law regarded the present Queen's regulations for beauty's sake as pure absurdity. The late Queen was a lover of the rugged old-fashioned style of living. She grew fat early and became as rubicund as a farmer, and all her girls took after her.

It was notorious at one time that the royal mother-in-law undertook to discipline her son's wife out of her *absurd ideas* as to rest and diet, but the then Princess of Wales stuck to her guns. Never in all her days has she eaten suet pudding or drunk port wine, and as she has grown older, her care of her diet has increased.

Nearly all the food she eats is produced on her husband's farms. When in London, her butter, milk, eggs, vegetables, etc., are sent her from Sandringham, and the sweet which she prefers is honey supplied to her from a Devonshire farm. Honey is used in the preparation of the only cakes she ever eats, while pure olive oil is employed instead of lard or butter by her cook, who in the royal palace has a kitchen entirely to herself. Special stress is laid by his royal mistress upon the fact that only the purest and freshest foods are to be served at her table.

Dairymaids in Denmark live to be very old and keep marvelously fresh and young looking. Profiting by this fact, the English Queen boasts possession of one of the most exquisite and completely appointed dairies in the world. Here every day, when the Queen is at Sandringham, she gets into a big blue linen apron and churns and makes butter herself. Dairy tasks provide the best exercise for feminine muscles. When the Queen is through her morning task of butter making, she has a luncheon of whole-wheat bread and a glass of buttermilk from her own cedar churn. This, she says, is a meal fit for a goddess and the most wholesome one a pretty woman can take. Besides drinking the buttermilk she uses it liberally as a cosmetic. The night before a court function, she bathes her face, throat, arms and shoulders in a great bowl of it. This is allowed to dry on the skin, then is sponged off with warm water and fine white soap and serves as a perfect bleach and a most delicate unguent.

At Buckingham Palace and at Windsor, three cows are kept to supply the Queen with fresh milk, which is her favorite drink. No pretty woman, she maintains, can afford to touch tea, coffee or chocolate. The first two produce wrinkles and chocolate manufactures fat as, do grease or sugar. Salted butter is never allowed on her table or in the preparation of her dishes, and very light meals is one of the means employed for the preservation of her looks.

Before rising, she always eats a few paper-thin slices of brown bread spread with sweet cream or new butter. At eleven o'clock comes her breakfast of fruit and a couple of coddled eggs eaten with dry biscuits.

The royal luncheon usually consists of a little delicate fish or chicken, one vegetable, a salad and more fruit. With her four o'clock glass of milk, the Queen eats as a rule, a couple of little honey cakes, and she never eats the regular elaborate dinner served to the rest of

the royal family. Sandwiched in between the heavy courses of the "regular dinners," come her little private dishes of tiny French oysters grilled on toast, her celery stewed in white stock and her green salad garnished only with oil and salt. Perhaps the most elaborate sweet she ever eats, is an apple baked with honey.

Just before stepping into bed she always has a small final meal of milk and a biscuit or two. The results of this regime justify her saying that on diet and fresh air hang all the laurels of beauty.

In the process of taking fresh air, Queen Alexandra sedulously avoids violent or exciting exercise. Yachting and driving she enjoys, but she has never cycled, played golf, or put a ball over a tennis net, and in her opinion persistent automobiling, offers the quickest means known for getting rid of a nice complexion and gaining ten thousand wrinkles. About once in a fortnight, she goes for a run in her own car, but always for a brief spin of less than an hour. Then she is swathed like a Turkish woman in veils. To motoring, she infinitely prefers swift and frequent walks with her dogs. As often as four times a day, in London or the country, she goes for a brisk turn on foot, usually with her favorite Russian hound at her heels and a tiny Japanese spaniel under her arm.

Just outside the window of her sitting room at Buckingham Palace a handsome stone balcony juts. It is fitted as a small boudoir and roofed with very wide eaves; is open on three sides to admit all the air obtainable. Here its mistress reads and works as much as possible. When the balcony-boudoir is not in use, she occupies a pretty little pavilion in the gardens, and in the coldest winter weather, often sits in one or the other of her open-air retreats with a big brass brazier full of charcoal beside her to take the edge of the chill off her hands and feet.

By dint of so much care and precautions the Queen manages rarely or never to disappoint a crowd awaiting her appearance, and to the people she is always a smiling, charmingly dressed creature whose conservative taste in sports and clothes is eminently satisfactory to them. When the people talk of her they never fail to insist that she is the best dressed woman in Europe. Appreciating her people's confidence in her taste, Alexandra spends royally on her wardrobe. To defray her dress account she lays out close to £6,000 ($30,000) a year, but this includes her purchase of jewels, of which she is very fond, and her ceremonial robes, which must be enormously costly. In a private capacity she has purchased lavishly of diamonds and pearls, and the ornaments she wears at a court function, sometimes weigh as much as eight or ten pounds. The rule of her court is that she must never wear a costume twice in public, and as she makes, in the course of a season in London, as many as one hundred and fifty or two hundred public appearances, any woman can guess why, from May until August, the sewing rooms at Buckingham Palace are humming with industry.

The extent to which society interests itself in the Queen's dress was manifested last spring when Alexandra drove to the Ascot races wearing a wide brimmed plumed hat. The next day no London paper failed to comment upon the fact that for years the Queen had always worn toques at the races. Gravely, in drawing rooms and newspaper offices, this change in headgear was weighed and discussed, and a sigh of public satisfaction rose when the information crept about to the effect that her Majesty had announced that she would never wear a picture hat again. Thereby a load of care was lifted from the British nation which for one cruel day believed that their Queen's reputation for taste in dress had somehow or other deserted her.

Black and white, gray, mauve and gold and silver are the tones she prefers, and she never wears colored jewels save in the settings of her royal orders. For pearls and diamonds her liking is so strong that she uses no other ornaments.

Usually, before her photograph is taken she pulls off her gloves, for of her hands she is frankly proud. This pride in her hands is curiously enough the only trace of anything like real vanity she has ever been known to show.

The Pessimism of Horatio Fleet

By KATHLEEN L. GREIG

ORATIO FLEET was a dreamer of dreams. But they were not beautiful dreams, in fact they were quite the opposite. There was a time—and Horatio often looked back upon it as upon something loved and lost—when his soul sank into oblivion as soon as his head sank into the feathers, but as I have said—that time belonged to the past. He brooded over his condition darkly sometimes and began to despise the world, the cold selfish world that had, as it were, soured the sweet wine of his soul. Certainly no one could deny that Horatio Fleet was sour. That was evident upon slight acquaintance.

But what was not evident even upon long acquaintance was, that deep down in his soul lay a hidden sweetness; a wistful longing to be known as he really was, as he had been before the world grew so gray and desolate in his eyes.

He was thinking it all over one lazy summer afternoon—and his eyes wandered down the long dusty road, along which a lonely figure was briskly walking, and soon Horatio recognized it as his mother's cousin, Lucindy Lane.

Lucindy was a generous, self-effacing soul—beautiful within, but plain without. Consequently, she had missed many of the joys of existence that would doubtless have been hers had these qualities been reversed.

As she came slowly up the walk, she nodded pleasantly to the pansies and candy-tuft that bloomed on either side; it was a queer habit she had, this nodding at the flowers as if they understood her greeting. She laughed at it herself for it, and so did everyone else with the exception of Horatio, and perhaps that was why she worshiped him. Human nature, especially feminine human nature, is a curious thing.

Her hands were full of the sacrifices gathered in her old sweet gardens—petunias and larkspur, bleeding-hearts, sweet-williams and maid-in-the-mist. She held them out to Horatio in greeting, but his eyes rested on them for a moment, then he waved them away.

"Do you know, Lucindy," he said wistfully, "that the sight of them somehow cuts me up, it makes me think of something I have lost."

"Goodness! what have you lost?" exclaimed Lucindy. Hers was not a subtle soul, in fact, Horatio who was a student, and a thinker, often found her painfully prosaic.

He sighed and looked up into her eyes, said impressively, "Lucindy, I have lost the illusions of my youth!"

"Is that so?" said Lucindy, hopelessly.

This was a little beyond her, however, she realized that whatever it was, it was a serious loss, and might be what had changed the merry bright-eyed Horatio of the past into the gloomy, brooding one of the present.

She tried to draw him out, but Horatio refused to be drawn.

He looked far off over the meadows with such dreary hopelessness in his eyes. Then a resolve sprang into existence in the breast of Lucindy Lane.

"Horatio," she asked, "where's your mother?"

"In the kitchen making pie," he answered, with a slight lighting up of the eyes. Lucindy smiled tenderly. "He loves his mother," she thought.

She had again failed to understand. As I have hinted, Lucindy lacked subtlety. The fleeting gleam she had seen in the eyes of the other, was not prompted by the heart but by the stomach of Horatio. It was called up,

not by a vision of his mother, but of the pie she was baking.

Horatio Fleet might have said of pie what a certain great poet once said of a woman, "What the sun is to the flowers, what the flowers are to the world, that you are to me." The solace of his dreary life was pie. Cold pie for breakfast, hot pie for dinner, warm pie for supper. His mother was in the habit of saying "Even if Horatio don't feel like eating anything else, he can always make a meal off pie."

Lucindy thought of this as she stood there with the sweet-williams clasped in her toil-stained hands, and the fact was the cornerstone of her resolve.

"Horatio," she said slowly, "your ma needs a rest, suppose you let her go to see Ellen for a spell and let me keep house, just now I have a good chance to get away?"

And Horatio jumped at the chance, for he too had noticed that his mother seemed in need of a change.

Accordingly the next day, Lucindy and her necessary earthly possessions arrived, and she entered what she felt destined to become a domestic Waterloo.

The next morning, Horatio was at first bewildered and then angry when he glanced over the breakfast before him which consisted of good bread and butter, fruit, eggs and coffee, but no pie.

"Where's the pie?" asked Horatio.

"Gone back to the pigs," answered Lucindy calmly.

Horatio stared; was she mad? "I can't make out a breakfast on this," he said, indicating the food before him.

"I'm sorry" said Lucindy, and helped herself. And thus was war declared.

Horatio was the owner of a dairy farm and his duties called him out early. So he tramped about a good share of the morning and since his stomach had not been compelled to digest half a pie or so, he came home with a good appetite for dinner and the assurance that Lucindy would no doubt surprise him with a rich hot pie. But this hope joined the other broken dreams of his life. Lucindy had no pie. A good substantial dinner she did have, but no pie.

"What does this mean?" cried Horatio, when the truth dawned upon him.

"It means just this," answered Lucindy, "that I'm going to find out if it's your soul or your stomach that's gone wrong."

Horatio Fleet gasped; as I have said, he was a student and a thinker. He had read the words of men who made the glory that was Rome, and the beauty that was Greece, and he suddenly remembered that they had often remarked upon the unfathomable soul of woman.

So surprised was he, that he ate what was before him in silence. That night when he came in to supper a curious humor seized him. He knew that Lucindy was going to war against pie. Very well, then; he would lower his weapons; he would not ask for pie, and he didn't.

That night Horatio Fleet did not dream. He awoke from a long unbroken sleep and looked up at the bunches of sweet herbs and popcorn that hung from the rafters, with a sudden realization of the dearness of humble things.

Outside, a little gray bird was singing through the dawn, and the moist fragrance of the morning crept in through the open window. How sweet a thing life seems to the sleep-rested eyes of one who has slept a tranquil dreamless sleep! So thought Horatio Fleet, and then wondered why he thought so. Had he not long ago, decided that life was a mockery?

When he went to breakfast that morning, his eyes twinkled. He knew his aunt expected him to ask for pie. He would fight it out with her. He wouldn't ask, and he didn't.

Womanlike, Lucindy was somewhat disappointed. He saw this and gloried in his triumph.

And when two days later, Lucindy, out of sheer curiosity, placed a hot mince pie before him, he loftily ignored its presence.

Lucindy was bewildered but elated.

"I was lonely," mused Horatio as he walked through the orchard that afternoon, "even this little spar with Lucindy has braced me up. I feel lighter hearted and better already."

And Lucindy, looking after him, said

to herself, "Thank goodness! his soul is all right, it must have been his stomach."

As the days went by, a gradual change took place in the soul—or to be correct, in the stomach—of Horatio Fleet, and, being, as I have said before, a thinker, he began to wonder if after all the lost illusions and blighted hopes and unrealized ambitions that often weigh so heavily on us, are not in reality, the weight of a pie crust in which we had indulged not wisely but too much.

Horatio Fleet was no fool. He therefore profited by the old saying about the word to the wise.

The seasons came and went, and once again, the peace of a lazy summer afternoon brooded around Horatio Fleet while he sat on the porch looking down the long gray road. And just as on that other day a year ago, Lucindy turned in at the gate, her hands full of sweet-williams, petunias and bleeding hearts.

Perhaps they both thought of another day. Lucindy suddenly held out the flowers to him and he took them tenderly. "It would be poetical," he laughed to say, "I will plant them over the grave of my lost illusions, but how can I when I feel that my ideals are all intact?"

Again Lucindy's spirit groped. "You don't say," she murmured faintly.

Suddenly Horatio sprang up and laid his hands on her calico-draped shoulders, "Lucindy," he said, "you may not have what is known as the poetic nature. The grandeur of Homer and the beauty of Dante may be lost upon you, but you have a clear eye, Lucindy—a clear eye, and can see what many a philosopher has overlooked, namely, that often when a man thinks he has lost his ideal she has merely lost his digestion."

And then—then—well, Horatio and Lucindy kissed and—that's by no means all. But the rest you've already guessed.

YOUTH AND YEARS

To the Editor:

I can speak from experience of the strenuous life. I have not worn corsets for many years; always did plenty of bathing and had fresh air and for the last four or five years have taken Beauty and Health regularly. I have had them bound, and they occupy a place of honor in our bookcase for reference or lending. They are far too valuable to be thrown aside as waste paper, the fate of most unbound books. I have practiced many of the exercises night and morning, for they are most refreshing, especially if one is tired, or has been working in a close room. The result is that though I am seventy years old, I can still work hard many hours a day, walk four or five miles with very little fatigue, and enjoy running down hills when there are not many persons about. I can sing and play, make my own dresses and bonnets, and do a lot of gardening, even digging. We rear our own vegetables, for there is nothing like gardening for keeping one in health. It is most interesting to watch the growth of vegetables; they are quite as wonderful as the flowers, though not quite so attractive. We generally go in the garden to look at them before breakfast.

It is a surprise to me to find myself so old, for I feel more full of strength and energy than I did forty years ago. I seldom think of it and never worry about it. I look quite fifteen years younger than I am, my hair being still its natural color, brown. My eyes are bright, and I do not wear glasses, though I did so ten years ago. My eyes have become much stronger since then. I think many invalids, old and young, have only themselves to blame for their ill health and useless lives.

You deserve the best thanks of this generation, and the next, when it comes, for all the labors and tender, thoughtful sympathy to be found in your works. My daughter and self always look forward to each monthly number, as we find fresh helpful ideas in each one.

Mrs. H. Watson.

Hastings, Sussex.

One Week's Menus of Cooked and Uncooked Foods

By SARAH J. LANCASTER

SUNDAY.

Breakfast.

One Orange.
Raw Flaked Wheat with Milk and Dates.
Whole-Wheat Bread. Honey.
Cocoa.

Dinner.

Tomato Soup.
Baked Sweet Potatoes.
Celery.
Boiled Rice with Jelly.
Fruit. Bread. Lemonade.

Supper.

Milk Toast of Whole-Wheat Bread.
Stewed Fruit.
Cereal Coffee.

MONDAY.

Breakfast.

Raw Apples.
Cornmeal Porridge with Maple Syrup.
Soft Boiled Egg.
Whole-Wheat Bread.
Milk.

Dinner.

Baked Beans with Butter.
Boiled Potatoes. Corn Bread.
Cabbage, Celery and Nut Salad.
Soft Custard. Fruit.
Water.

Supper.

Sandwiches.
(Whole-Wheat Bread and Cream Cheese.)
Home-Made Jam.
Cereal Coffee.

TUESDAY.

Breakfast.

Raisins and Figs.
Omelet. Rye Bread.
Cereal Coffee.

Dinner.

Macaroni with Tomato Sauce.
Baked Onions.
Whole-Wheat Pancakes.
Maple Syrup.
Soaked Prunes. Milk.

Supper.

Whole-Wheat Toast with Orange Marmalade.
Sliced Bananas with Cream.
Buttermilk.

WEDNESDAY.

Breakfast.

Bananas.
Poached Eggs with Whole-Wheat Bread Toast.
Chocolate.

Dinner.

Mashed Potatoes and Egg Sauce.
Fresh or Canned Peas.
Boiled Sago with Milk.
Whole-Wheat Bread.
Postum.

Supper.

Stewed Mushrooms.
Apple Sauce.
Whole-Wheat Bread and Butter.
Cocoa.

THURSDAY.

Breakfast.

Apples.
Soft Boiled Eggs.
Soaked Prunes and Rye Bread.
Cocoa.

Dinner.

Green Pea Puree.
Boiled Onions, Creamed.
Apple and Celery Salad.
Rye Bread.
Postum.

Supper.

Macaroni a la Cream.
Canned Fruit.
Rye Bread and Butter.
Milk.

FRIDAY.

Breakfast.

Fresh Fruit. Raw Rolled Oats.
Cream and Dates.
Whole-Wheat Bread and Butter.
Postum.

Dinner.

Peanut Sandwiches.
Parsnip Croquettes and Sliced Tomatoes.
Tapioca and Apple Pudding.
Bread. Grape Juice.

Supper.

Scalloped Potatoes.
Sliced Pineapples.
Graham Bread and Butter.
Postum.

SATURDAY.

Breakfast.

Dates Stuffed with Pecans.
Cream Toast.
Baked Apple. Cereal Coffee.

Dinner.

Bean Soup.
Creamed Potatoes. Corn Fritters.
Jellied Apples.
Bread. Milk.

Supper.

Boiled Sweet Potatoes.
Fresh or Canned Fruit.
Buttered Whole-Wheat Toast.
Currant Loaf.
Chocolate.

RECIPES

Baked Beans with Butter.

Prepare same as pork and beans, except that large chunk of butter is substituted for pork. Olive oil may also be used.

Rye Bread.

To a pint of warm water stir as much wheat flour as will make a smooth batter, stir into it one cake of yeast, and set it in a warm place to rise. In the morning put three and-one-half pounds rye flour into a bowl or tray, pour in the sponge, add a dessert-spoonful of salt and half a teaspoonful of soda, dissolved in a little water; make the whole into a smooth dough, with as much warm water as may be necessary; knead it well, cover it, and set in a warm place for three hours, then knead it again, and make it into two or three loaves, and bake in a quick oven one hour.

Celery and Apple Salad.

Take equal parts of crisp celery, cut into lengths, and tart apples chopped rather fine, chilling both thoroughly; sprinkle lightly with salt, for the dressing put the yolks of two raw eggs into a plate, add a salt-spoonful of salt, then add, drop by drop, eight tablespoonfuls of olive oil and one and a half tablespoonfuls of lemon juice, gradually; at last stir in half a pint of cream, whipped to a stiff froth

Stewed Mushrooms.

Wash a pint of small button mushrooms, remove stems and skins, stew them slowly in water, adding an onion, season with pepper, salt, and a little butter rolled in flour. If the onion turns black throw the mushrooms away.

Jellied Apples.

Two quarts nice tart apples, peeled, quartered and cored; two cupfuls of sugar, one lemon, half a package of gelatine, one and a half-pints of water. Soak the gelatine in half a cup of water for two hours, put the sugar, lemon juice and the remainder of the water on the stove; boil for ten minutes, then put in as many apples as may be cooked, without crowding. Cook gently until tender, then take up with a skimmer. Put more apples into syrup, and continue cooking until all are done. When all have been taken up remove the pan from the fire and add the gelatine; stir until dissolved, add the apples and mix gently, turn into a mold to harden; serve with sugar and whipped cream, or with soft custard.

Meals.

If only two meals per day are desired, some of the breakfast dishes can be substituted at supper.

Woman's Forum

We intend to make this a parliament for free discussion. Problems that you would like to see debated, interesting personal experiences, criticisms, reminiscences, etc., are invited. Make your letter as brief as possible. We shall not be able to publish all letters, but will use those of greater interest to the majority of readers. For every letter published we will present the writer, as a mark of our appreciation, with a subscription to "Beauty and Health," to be sent to the writer, or to any friend the former may designate. For the convenience of our office, kindly write us after the publication of your communication, giving name and full address of the person to whom you wish subscription to be sent.—Bernarr Macfadden.

Housework vs. Exercise

To the Editor:

I was much interested in the article in Beauty and Health for October, regarding exercise and house work. My experience is that house work alone is not sufficient. I have a seven-roomed house to keep in order and I do all the work myself—cleaning, washing and cooking, with the exception of what a charwoman can do in two hours once a week. I wear no corsets, and I find it necessary in order to maintain a respectable figure, to exercise a few minutes daily. Those few minutes carry their influence throughout the day, reminding me to hold myself erect, etc. Again, it is much easier to maintain a proper carriage when one systematically exercises.

Enthusiast.

Perfect Health on Fruit and Peanuts

To the Editor:

I am very anxious to spread the cause of physical culture, and do all I can to help others receive the good it has done me.

I have been following your teachings for over two years with the greatest satisfaction, and never before enjoyed such good health. In fact, it was my poor condition that led me to try physical culture.

For the last six months my diet has been peanuts and fruit. I eat two meals a day, and the day I have the most work I do not eat anything, and come home at the end of my day's efforts feeling just as good as when I started. I even feel like doing more work. My busy day is Saturday. I have a class in music in a neighboring town and leave home at 6.30 A. M. and return about 6.00 in the evening.

I do not wear any more clothing in the winter than in summer, with the exception of a coat, and never wear anything on my head, even in the coldest weather. I enjoy a good walk on a cold day. It does me as much good as my cold bath every morning. I wear the gauze underwear and just the thin cotton waists, and do not suffer from the cold like I used to.

I have mailed you a photograph of myself, if you care to use it in any way you may.

One night last winter I was waiting for a car. There were two men also waiting, both smoking, and bundled up. I overheard their conversation. They thought I was running a big risk by going out bareheaded, with nothing around my neck. I appreciated their good will, but I thought if they only knew, I was taking better care of myself than they. I wish they had been as much concerned about their well-being, and felt that

Miss Minnie Haugh, of Cleveland, who Lives on a Simple Diet—Fruit and Peanuts

they were running a bigger risk by the use of tobacco and liquor than I was by getting all the oxygen I could.

I wish you the greatest success in your work, for you certainly are doing great good in the world.

Minnie Haugh.
Cleveland, Ohio.

For Supporting the Skirt

To the Editor:

Having read your answer to the question on "Corset Substitutes" in a recent Beauty

AND HEALTH, I thought I would like to tell you our plan.

It is three years since my sister and I decided to give up corsets. We were a long time before we could satisfy ourselves as to the best way of supporting the skirts. At last we adopted the following method, which I think is very successful. I made a Princess petticoat which consists of a bodice and skirt combined. It fits the figure loosely, fastens down the back, and does away with all thickness at the waist. For summer, one of light washing material answers the purpose very well, and for winter one of heavier material could be worn. If two skirts are required a band could be stitched onto the waist with buttons on which to fasten the extra skirt.

Hoping this will be of some use to you.

Keighley, Yorks., Eng. RUTH WADSWORTH.

That "Race Suicide" Question

TO THE EDITOR:

While not on your subscription list, I have been a regular purchaser and reader of your magazines for five years and have derived much personal benefit therefrom.

In a recent number of *Physical Culture*, a reader under the caption of "One Suggestion for Improving the Race by Better Birth," says, "Not one-quarter of the children are born that ought to be; not one-fourth of these born are endowed as they should be; and not one child in one hundred is properly begotten. They are only creatures of chance."

The writer does not remember ever having heard any woman say, "There are too few children born," or of ever having seen any article from the pen of woman berating her sex for failure in performance of duty along this line. Is it not a little strange that this great cry and lamentation over race suicide should all come from man—the one who knows less than nothing about the inconvenience of pregnancy and the agony of childbirth to the average woman, and who bears very little (and in some cases none, or practically none) of the burden of constant care and watchfulness that the child needs and *must have* for the first two or three years, if it is to survive this, the most critical period in its life?

Has it ever occurred to any of these *ardent* anti-race suicide advocates that the same goal may be reached by reducing the death rate as by increasing the birth rate? Each year in the United States over 95,000 babies die from socially preventable causes. Think of it, you men who cry "race suicide," ten baby lives sacrificed to poverty, disease and *death by socially preventable causes* every hour of the day and night 365 days of the year! You men who are crying race suicide, what are you, individually or collectively, doing to prevent the deaths of these 95,000 little ones?

Nearly sixteen per cent. of the children attending New York public schools (according to Mr. John Spargo, a prominent New York settlement worker), have too little food to keep them in normal physical condition. You men who prate of race suicide, would you increase this number by one-fourth? Would you have a heartbroken mother (sorrowing because her children are suffering the pangs of hunger which she is powerless to relieve) send out five instead of four hungry children to the sweat-shop or school?

There are over 60,000 children, between the ages of six and fourteen, working in the Southern cotton mills. Go through the cotton mill districts of the South and see this army of children march into the factory at 6 A. M. and out again after eleven to twelve hours' work in the hot, foul lint-laden air; you will see children (many of them mere babies) with emaciated forms, and stooping shoulders, narrow chests, pale faces, dull eyes, all of the sprightliness of childhood gone, very many of them under normal height for their ages. You will usually see about one bright, healthy, normal child out of every ten or fifteen children working in the cotton mills. You men who are shedding crocodile tears over race suicide, look at this ragged, emaciated, sluggish host of child laborers and answer, what are you doing to take the babies out of the cotton mills, and other industrial fields, where their little lives are bound with the fetters of mental and moral ignorance and physical weakness and their baby blood is being coined into gold to satisfy the commercial greed of the captains of industry? You men who are crying race suicide and all men—(and you women who have the ballot)—if you are not using your ballot against the system of child wage-slavery in the United States to-day, you are guilty of child murder.

I agree with "A Reader" that "Not one-quarter of those born are properly endowed and not one in a hundred is properly begotten. They are only creatures of chance." Indeed the large majority are creatures of chance and the offspring of lust. As witnesses to this fact, look around you and see the blind, the cripples, the deaf mutes, and all grades of deformity—all born defective. Every child has a right to be well born.

Make better conditions for and reduce the death rate of the children we already have; take the child out of the industrial struggle and educate it mentally, morally and physically until it reaches physical maturity; then you will have a normal human being—equipped and willing to assume the duties of parenthood. You will have a type of men and women who will know that it is more commendable to bring one healthy, normal, well endowed baby into the world than ten weaklings which necessarily will come so rapidly that the mother will never recoup sufficiently in vitality between the ordeals, to give to her child the proper physical organization.

All of you race suicide howlers what are you doing to reduce the death rate of the children? At present, nearly half of all the children born of this nation die before the age of five years! P. PRESSLY

New Orleans, La.

Woman's Question Column

By BERNARR MACFADDEN

Those desiring expert advice adapted to their individual needs, for general development or for the treatment of disease, are referred to the detailed description of my Home Mailing Treatment appearing in the advertising department. If the various details of the case are sent to me, I will then have complete information and will be able to give a more comprehensive reply.

Mental Strength

Q. Will you kindly advise me how I can strengthen my mind. I am inclined to forget things easily. People tell me things often, and I do things which I cannot remember. I am only thirty-five years of age?

A. From your symptoms, it is apparent that you suffer from some nervous weakness or nervous derangement, and probably it would be sufficient in your case to adopt such measures as would tend to bring about a more perfect condition of the general health, and build increased nervous strength. When your circulation has been improved, and the brain properly supplied with wholesome blood, you will undoubtedly find the manifestations you mention disappearing. Remember that the first essentials to good brain power, is physical energy and the possession of blood of good quality. Do not make the mistake of supposing, however, that for mental strength or intellectual accomplishments, this is all that is necessary. The mind requires training the same as the body. Mental exercise is necessary to acquire or to retain mental strength, and it is impossible to acquire intellectual power except through intellectual pursuits. Of course, this is also determined largely by hereditary influences, though to just what extent is as yet more or less uncertain. However, you cannot choose your mental temperament, but it is within the power of each individual to determine what his bodily health will be, and thus decide, whether or not he will possess pure, rich blood, the first requirement of mental vigor.

Lack of Blood and Color

Q. Would you kindly advise me how to increase my supply of blood and improve my color. I have absolutely no color, and exercise will not bring it to my face. I do not seem to have more than one-third as much blood as I should possess?

A. What you require is a thorough course of physical training, and rigid adherence to all natural methods of building improved health. It would be entirely useless for you to take tonics, such as "beef, iron and wine," or any other form of medicine. Stimulants can only stir your system to momentary activity with the ultimate result that you will be weaker than before, for stimulation of this kind is always followed by a reaction. There is only one way in which blood can be secured, and that is by the proper as similation of wholesome foods, which means that they will be converted into blood and tissue. If you are not sufficiently familiar with dietetics, you should secure suitable instructions along this line from our various books, or place yourself in the hands of one who understands it thoroughly. Let me remind you, however, that this advice does not apply to the average physician, who will probably tell you to eat as much as you can of "good, hearty food." It is what you digest, not what you eat, that is important. An open air life, a proper amount of exercise and a hygienic regime generally, would improve your appetite and digestive power, and enable you to assimilate and build up, whereas with a stagnant, indoor life, it would be impossible for you to ever improve your condition. Long walks in the open air would be particularly valuable. Perhaps for a time an exclusive milk diet would enable you to improve very materially, though you should not attempt such a diet without definite knowledge as to the manner of taking it.

Neurasthenia and Hallucinations

Q. I am greatly worried over my room-mate, a girl who is extremely nervous, and gradually getting worse. She complains of pains in the head and face, and imagines that her nose is turning to one side. She says that she is going crazy, and will not consult a doctor. Can you advise me what might be done?

A. If your friend were given to continuous mental depression or melancholia, I might say that she were suffering from hypochondria. It seems, however, more likely that it is simply a case of extreme neurasthenia. It is not insanity, in spite of the fact that she suffers from some hallucinations, which are simply the result of her nervous condition.

The fact that she *thinks* that she is going crazy is one evidence that she is not afflicted with insanity, or even threatened with it, for it is an almost invariable characteristic of the insane to believe themselves sane. Your friend requires some radical changes in her conditions and habits of life. There is no "remedy", so-called, which could accomplish anything as long as the conditions causing her trouble continue. Her diet should be light and non-stimulating, she should avoid all stimulating drinks, she should have an opportunity to be out of doors at least a large part of the time, and should be in pleasing and quiet surroundings. Of course, mild exercise suited to her strength is an absolute essential, especially the practice of walking in the open air. If her work is of a nerve-racking nature, and she cannot discontinue it, it would be difficult to expect much improvement. It is evident that she requires an immediate change in her mode of life.

Misshapen Busts

Q. Some time ago, when I discontinued nursing my ten-months-old baby, I had an abundance of nourishment. To dry it up, my medical adviser bound my breasts so tightly that I could scarcely breathe. After being kept a long time in this bandage, there seemed scarcely any sign of a bust left, and although previously, I had always possessed a well-developed bust, my chest since is practically flat, and altogether shapeless. My general health is excellent. Can you recommend anything that will bring about an improvement?

A. A few months ago, in this magazine, I gave a series of exercises for developing the busts, together with other suggestions and information of value for the same purpose. It is quite apparent that your physician, by his foolish methods has ruined the shape of your breasts, and it will be very difficult to restore them to a symmetrical condition. However, exercise of the muscles about the upper chest will bring this about. While proper massage and manipulation will probably be of some assistance also, it is doubtful in this case whether they can be restored to their former condition, although they can be greatly improved.

Teething in Infancy

Q. Can you kindly suggest methods to pursue in the treatment of a ten-months-old child suffering apparently from stomach trouble and nervousness. The child is very fretful and peevish, wakes up from sleep suddenly with a start and cry, and apparently has no appetite whatever?

A. It would be quite impossible to accurately diagnose a case of this kind without seeing it, and knowing more particulars. It might be a case of indigestion, but is probably due to the cutting of teeth. The symptoms you name are sometimes accompanied by more or less fever, and a tendency on the part of the child to squirm, twist and throw its head back. If the child has no appetite, you should not attempt to feed it, but rather give it water to drink. It will not hurt the child to fast twelve hours, or even twenty-four hours or more, if it seems disposed to do so. Under such circumstances, the primary trouble is of a nervous character. Cutting of teeth frequently upsets the nerves in the gums, with the result that there is a reflex disturbance throughout the nervous system generally, and it is as a result of this that the digestion is upset, and other manifestations occur that might not originally be connected with the mere cutting of teeth. Of course, some children suffer this way far more than others, though a vigorous, healthy child will recover from such attacks without the least difficulty. It sometimes helps to place the child's feet in warm water, while to force feeding under such circumstances would only make matters ten times worse. Of course, if there is some special disease it should be attended to.

Snoring

Q. I have never seen any questions on the subject of snoring. This is a laughing matter to most people, but to me it is quite tragic. Is there any cure for snoring? Is it a habit or a sign of old age?

A. Snoring would be equally possible when awake if you occupied the right position for it. Or in other words, if your position were not just right. It has nothing to do with old age, and is usually the result of sleeping with the mouth open. If you cannot learn to sleep with the mouth closed, then you should so bandage it that it remains shut at night. Pass the bandage under the chin, and over the top of the head.

Why the "Contagion" Superstition is Fostered by Doctors

By M. D.

IN spite of our so-called Twentieth Century intelligence, no Dark Ages, no barbarians, no community, in the history of the Christian era, ever invented a belief, or superstition, which was based upon a more windy foundation than the theory that one person can contract a disease from another by contagion. The whole subject is a jungle of fanciful assumptions. There is no other thing in medicine that has been more instrumental in establishing so many barbarous and inhuman laws upon our statute books. The execution of these laws is also inhuman, says a writer in the publication *Medical Brief*.

There is hardly a question in human affairs that has more often been the cause of revolutions and mobs. Cities, States, and sometimes nations have been aroused, and business disturbed or ruined. Billions of dollars have been spent to carry out this, the most ludicrous, nonsensical and foolish theory, that has ever been invented by human brains; especially is this true of yellow fever, cholera, diphtheria, and smallpox epidemics.

No disease, no matter by what name you may call it, can be spread or contracted by contagion. This is a natural truth. This I can prove, this I can demonstrate, and if put to a hundred million tests, my belief will not fail in a single instance.

I know, too well, that I am treading upon one of the pet hobbies of the medical profession, which is "contagion." The word, "contagion," frightens the greatest power on earth, "public sentiment," and the public cannot, or will not reason. Thus with our "contagion," we, the doctors, have easily kept it under our control. If diseases were really contagious, there is no human power to prevent it.

I will give just one example, to show how far we are from the truth, which is so simple that it ought to make our great medical authorities feel like asking for a permit to get off the earth.

For instance, scarlet fever scales, which are considered so terribly contagious, are nothing but sweat drops, with the water evaporated; in other words, principally urea and uric scales. We can scrape these same supposed dangerous scales from our body any day, especially from those who bathe about once a year. The basis of all other diseases is just as simple as this one.

We, as physicians, are in reality dealing with absolute unchangeable natural laws. When these laws are once discovered and demonstrated, all erroneous beliefs, and barbarous superstitions, must vanish.

Or, must I be impressed with the fact that we, as physicians, are allowed ethically, to entertain any kind of an opinion or belief, and disagree with the beliefs of others; but that none of us are allowed to discover a natural law, that will be of actual benefit to the public and the general practitioners, if it runs counter to the financial interests of a few leaders and authorities?

The men of the past who have discovered natural laws that have overthrown long-established beliefs and opinions, have had to stand much persecution. Considering my own experiences during the last decade, it would seem almost just to make the statement that any man who will devote his life, his money, and sacrifice his interests for the welfare of the public, or for the establishment of true medical science, has in the eyes of the "leaders" of medical thought committed a terrible crime, and ought to be shot.

The usual defense made to support the contagion theory is to announce someone came down with the disease after being in the presence of someone else who had the same disease. But this is no proof whatever. If the same observation should be paid to any form of acute disease, the same kind of evidence could be presented, and in much greater percentage than in the case of the so-called contagious disease. On the surface, this kind of evidence sometimes seems apparent. But why is it? If this principle is actually put to test it always fails.

It is a well-known and recorded fact that I have for fifteen years, ignored all statute laws, tore the signs down off the houses on purpose, and notified the health officers of the fact. But I was never molested but once, and ever since I can do anything without being noticed.

I have bathed in the poison of these diseases, ate them, carried them in my pockets for months, rubbed it into dozens of people, and exposed millions upon millions of people, but never could a single case be even presented or personally traced to my acts!

* * * * * * * *

This being true, I shall use all honorable means and stubborn persistence to right this wrong that is inflicted upon humanity all these centuries, and here request every physician who has the public welfare and the welfare of the profession at heart, to give his assistance in this all-important question.

* * * * * * * *

Among the masses, or so-called "common people," it can be safely stated that seventy-five per cent. of them do not take stock in this contagion theory, because their experience and observation satisfies them of the foolishness of "contagion."

Again, when the subject of contagion is faced with good, cold logic and reason, it simply falls flat. I never have met the man who dare meet the question in open discussion.

My experience has satisfied me that very few in the medical profession actually believe the nonsense, because their everyday experience soon convinces them of this fact. I can name dozens in this vicinity who privately admitted that I am right, but say that they were not going to publicly admit it.

There is nothing a man will so strongly defend as an honest belief. This subject of contagion the profession have not dared to defend, except by their big club, "statute laws."

The health officers of Chicago reported one hundred and sixty-three deaths from pneumonia for one week. Allowing a five per cent. death rate, this would indicate about three thousand cases of pneumonia in Chicago in one week. Would you call this a disease that spreads? Change the word pneumonia to small-pox, and what a panic there would be!

Suppose there were one thousand cases of scarlet fever, five hundred cases of diphtheria, and one hundred cases of small-pox in Chicago, and these cases were being attended by five hundred physicians. These physicians would go into the quarantined houses and to other patients, to their own families, to churches, lodges, theaters, and street cars. Each physician is likely to expose more people than a layman would. The physician is not in danger of spreading the disease, but the poor father who needs his three dollars a day to support his family is locked up.

Anyone but a frightened and unthinking man, would shoot down the first quarantine officer that trespassed upon his premises. But what will you call those that impose by statute laws such persecutions upon a confiding, but frightened public?

But I want to ask why it is that the thinking men in the medical profession, and the American people, will stand by and tolerate these atrocious acts?

If disease is really contagious, our present methods can no more prevent it from spreading than spitting in the ocean could produce a flood. In fact, if disease is contagious, there can be only one way to check it, and it is this: The patient would have to be sealed in an air-tight steel casket a week before he "comes down," and the casket never re-opened.

Let us know the cause of disease, then this gigantic superstition will be a thing of the past.

EDITORIAL DEPARTMENT

THE OBJECT OF LIFE

WHAT is the object of life? This is a question that a healthy person would seldom ask. But it is a question which is continuously recurring to the minds of many who are not healthy. Healthy people are invariably happy people, and find little occasion to concern themselves with questions of this nature, except as they may relate to others who are unhappy, or may be so associated with future plans and policies as to require consideration for the sake of future happiness. Unhealthy people, on the other hand, are invariably unhappy to a greater or less extent, and usually in proportion to the degree of their ill health.

The object of life, so far as we can ascertain, is happiness. This, of course, means happiness for one's self and also happiness for others, for one's own happiness is, to a very large extent, involved in the happiness of others, and at the same time one of the best and most certain ways of making others happy, is to first make one's self happy.

It is most probable that many will take exception to the statement that the object of life is happiness. Without doubt many of my friends will declare that the object of life is character and character building, probably also supplementing this statement with the declaration that character is best developed by self-sacrifice or suffering. However, upon closer examination it will appear that character in itself is worth nothing except as a means of insuring happiness. For high-minded men and women, possessing lofty ideals and conceptions of life, happiness is involved in the possession and development of character. They cannot be happy without it. And in the last analysis, even self-sacrifice is simply a means of obtaining the happiness of others. Certainly no one has ever heard of an individual sacrificing himself or herself in order to bring unhappiness upon others, so that those who prate of the value of suffering and sorrow as a means of ennobling and beautifying an individual's character, are inconsistent when they sacrifice themselves for the good and happiness of others. We would logically expect such persons to bring suffering upon others for the good of those others. But they do not follow their theories in this respect, fortunately.

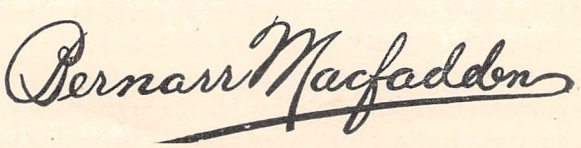
To inquire a little further into the matter, self-sacrifice not only involves the happiness for whom one makes the sacrifice, but it is directly the means of realizing the happiness of the first individual concerned, inasmuch as it makes him or her happy to make others happy. All of this is the result of the working out of the social instinct, which is inherent in human nature, and is second only to the instinct of self-preservation. Every individual is essentially selfish at the bottom, and by his very nature impelled to seek his own happiness, but he works for the happiness of others, because the happiness of his fellows makes him happy. Furthermore, every instinct that man possesses, every instinct that every animal possesses, is intended to work for the welfare, comfort and happiness of the individual or creature concerned, so that no student of life can doubt that the object of life is happiness.

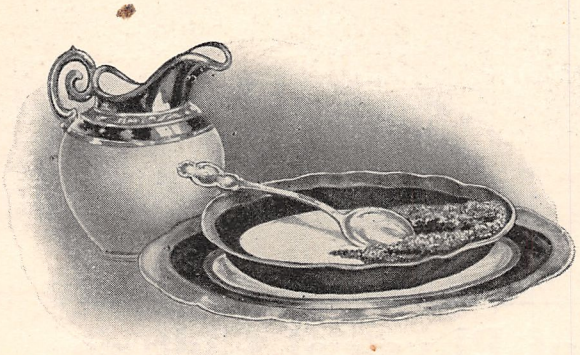
Granting this, the question follows logically: How can happiness be attained? In the little space at my disposal here, it would be impossible to go into the problem very thoroughly. An entire book, or even many books could be devoted to the subject. It is my purpose here to state briefly and emphasize as strongly as possible, the simple fact that THE GREATEST SECRET OF HAPPINESS IS HEALTH—vigorous, pulsating, glorious HEALTH. When one is filled with physical energy and vitality, in other words, filled with life, troubles which would darken the brow and cast a gloom over the lives of others, make little or no impression. One has the spirit and the inclination to meet all difficulties bravely and unflinchingly, and he has also the ability to overcome them. In other words, when one is filled with the joy of life, it must indeed be a severe blow or tragic experience that will bring on deep or lasting grief.

On the other hand, when one is weak and weary, frail, lifeless, and perhaps tortured by physical pains and aches, as well as being over-sensitive not only to weather conditions, but to all the ordinary incidents and experiences of life, the very least trifle will usually be sufficient to cause what seems to be the greatest unhappiness, and frequently matters of even no consequence whatever, will serve to throw the unfortunate victim of ill health into the most deplorable state of depression.

All this should be of special interest to those who do not enjoy the most perfect degree of health. It should also be of interest to those who do enjoy such health, in order that they may help their fellows to understand not only the MEANS of acquiring health, but also the IMPERATIVE NECESSITY of securing it not only for the sake of health itself, but for the sake of happiness as well. And it is important also to emphasize the fact that the question of health depends entirely upon the willingness of the individual to adopt such habits and methods of living as are consistent with the laws of Nature, and the acquisition of a normal degree of physical energy and vitality.

In the pursuit of happiness, short sighted individuals often make some very serious blunders. In the attempt to secure what seems to be momentary pleasure, men and women indulge in methods and means that have the ultimate effect of weakening and ruining the body, and in that way depriving them effectually and permanently of the possibility of true happiness in life. In other words, such attempts to secure these so-called pleasures, are inclined to defeat the very purpose for which they are intended. Indulgence of this kind is not only foolish but criminal, in so far as it results in the undoing physically if not also morally and spiritually of the individual concerned. A wise man or woman would never enjoy anything of a detrimental nature that would make it impossible for him or for her to enjoy himself or herself, or to enjoy intellectual or artistic activities, or any of the other higher pleasures of life.





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Chapter III.—**Causes of Wrecked Womanhood.** Abnormal and weakening influences begin in babyhood. Overfeeding, excessive clothing, bad air, fear of sunlight. Fearful results of prudishness. The hidden crisis at puberty. Schools murder millions.

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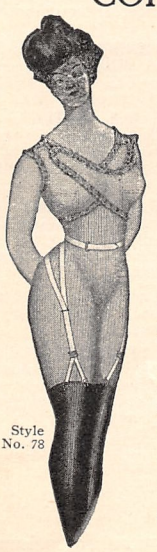

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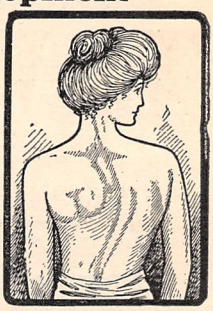

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